



DATE OF ATTACK	POSTDROME DURATION	PHYSICAL & COGNITIVE SYMPTOMS	SEVERITY (1-5)	TRIGGERS / RELIEF NOTES
		Brain Fog / Fatigue / Body Ache / Mood Shift		
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**Severity Scale:** 1 = Mild (Functional) 2 = Noticeable 3 = Moderate (Slowing Down) 4 = Difficult 5 = Severe (Incapacitated)

**Note:** Bring this log to your next neurology consultation to help refine your treatment plan.